

Food Safety



Why is it important?

Keep yourself and your family safe and healthy by avoiding foods that could make you sick. Illness from food can happen to anyone but is more common in those with weak immune systems. This includes pregnant women and young children.

Who is Affected?

Everyone is at risk for illness from foods. People with weakened immune systems are more likely to get sick because their body can't fight off disease as well. This includes children under the age of 2 as well as pregnant women.

For more information, talk to a WIC staff member or visit:

www.cdc.gov
www.foodsafety.gov
www.wichealth.org

How to prevent food illness:

1. Avoid these foods:

- Unpasteurized milk
- Unpasteurized juice
- Unpasteurized cheese: Camembert, blue cheese, brie, feta, queso fresco, etc.
- Cold hot dogs and cold deli meat
- Raw sprouts: alfalfa, bean, clover, radish
- Raw seafood: sushi, oysters, clams, mussels,
- Refrigerated pate and meats
- Undercooked and raw meats
- Raw eggs: found in cookie dough, cake batter, Caesar dressing, unpasteurized eggnog, soft yolks



2. Prepare Foods Safely:

Clean:

Wash hands, surfaces, and fresh produce

Separate:

Use separate cutting boards for meats and produce to avoid cross contamination

Heat:

Cook foods fully to kill bacteria

Chill:

Refrigerate leftovers shortly after cooking. Keep cold foods under 41 degrees

Breastfeeding Corner

New Breastfeeding Peer Counselors

Meet your new Breastfeeding Peer Counselors! WIC has recently hired 2 new breastfeeding



peer counselors to support all nursing mothers. Joslyn (left), has four children and has experience

breastfeeding all 4 of them. Marisela (right), who is also bilingual in Spanish and English, has two children who she has breastfed as well. Both have been through the struggles that many mothers face with their breastfeeding journey. They are available via text, call, home and hospital visits every day of the week. If you have any questions or need support, please feel free to reach out to either one of them. They are here for you!

Have a more complex breastfeeding concern? Did you know that WIC also has 4 trained Lactation Consultants? Please call 920-929-3104 to speak with a Certified Lactation Counselor for all breastfeeding concerns and needs.

WIC Breastfeeding phone numbers:

Kara 929-3106	Peer Counselors:
Sarah 929-3953	Joslyn 960-1248
Marla 929-3152	Marisela 948-2759
Kim 929-3198	
Amanda 906-4794	
Laura 929-7137	



Fond du Lac County Immunizations

If you have insurance through an employer, you should see your doctor for immunizations. **If you have Badger Care/Forward Health, vaccines are available at the FDL County Health Department on the 2nd Monday of each month from 3:00-5:00 PM.** Please call before coming to make sure vaccines are available. If you have any questions, please call the Health Department at 929-3085.



Reminders

- Be sure to bring your e-WIC cards every time you come to the office.
- If you can't make it in on our regular benefit issuance days, just call us—we can figure out a time that'll work for you.
- If you have extra WIC foods, formula or no longer using a WIC breast pump, talk to us about what to do.



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